



Crispy Taquitos

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving

Calories 332, Carbohydrate 50 g, Protein 15 g,
Total Fat 10 g, Saturated Fat 4 g, Cholesterol 27 mg,
Sodium 324 mg, Dietary Fiber 7 g

Ingredients

- 2 cups pico de gallo
- ½ cup cooked, finely chopped chicken
- ½ cup no salt added canned corn or frozen corn, thawed
- ¼ cup chopped green onion
- ¼ cup chopped green bell pepper
- ½ cup shredded Cheddar cheese, Monterey Jack cheese, or queso fresco
- 12 corn tortillas
- 2 teaspoons vegetable oil

Preparation

1. Heat oven to 425°F. In a medium bowl, combine 1 cup pico de gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining pico de gallo.

